IN THE CLAIMS:

Please cancel claims 1-14 without prejudice or disclaimer, and substitute new claims 15-36 therefor as follows:

Claims 1-14 (Cancelled).

15.   (New) An optical fiber cable, having a central axis and comprising:

a number of optical fibers;

at least a core tube containing the optical fibers;

a jacket surrounding the core tube; and

at least one strength rod spaced from the central axis, the cable having a twisting stiffness $G \cdot J_p$, wherein G is the elastic shear modulus; and J_p is the polar moment of inertia of a cable section, the twisting stiffness $G \cdot J_p$, being lower than or equal to 0.10 Nm^2.

16.   (New) The optical cable according to claim 15, comprising at least two linearly extending, diametrically opposed, strength rods that are at least partially embedded in the jacket.

17.   (New) The optical cable according to claim 15, wherein the twisting stiffness $G \cdot J_p$ is lower than or equal to 0.05 Nm^2.

18.   (New) The optical cable according to claim 15, wherein the twisting stiffness $G \cdot J_p$ is lower than or equal to 0.02 Nm^2.

19.   (New) The optical cable according to claim 16, wherein the polar inertia momentum $J_{p,r}$ given by the reinforcing rods is lower than or equal to $20 \cdot 10^{-12}$ m^4.

20.   (New) The optical cable according to claim 16, wherein the polar inertia momentum $J_{p,r}$ given by the reinforcing rods is lower than or equal to $10 \cdot 10^{-12}$ m^4.

21.   (New) The optical cable according to claim 15, wherein when the cable is guided on a path formed by two bends spaced at 0.5 m arranged on orthogonal planes and having a bend radius according to the minimum dynamic bending radius prescribed for the cable, the ratio between the bending work for bending the optical fiber cable around the two bends and the twisting work for twisting the cable between the two bends is higher than 30.

22.   (New) The optical cable according to claim 15, wherein when the cable is guided on a path formed by two bends spaced at 0.5 m arranged on orthogonal planes and having a bend radius according to the minimum dynamic bending radius prescribed for the cable, the ratio between the bending work for bending the optical fiber cable around the two bends and the twisting work for twisting the cable between the two bends is higher than 50.

23.   (New) The optical cable according to claim 15, wherein when the cable is guided on a path formed by two bends spaced at 0.5 m arranged on orthogonal planes and having a bend radius according to the minimum dynamic bending radius prescribed for the cable, the ratio between the bending work for bending the optical fiber cable around the two bends and the twisting work for twisting the cable between the two bends is higher than 80.

24.   (New) The optical cable according to claim 15, wherein when the cable is guided on a path formed by two bends spaced at 0.5 m arranged on orthogonal planes and having a bend radius according to the minimum dynamic bending radius prescribed

for the cable, the ratio between the bending work for bending the optical fiber cable around the two bends and the twisting work for twisting the cable between the two bends is higher than 90.

25. (New) The optical cable according to claim 15, comprising a lower bending plane and having a bending stiffness $E \cdot J$ of the cable structure in the lower bending plane of about 0.01 Nm^2 to 0.10 Nm^2.

26. (New) The optical cable according to claim 15, comprising a lower bending plane having a bending stiffness $E \cdot J$ of the cable structure in the lower bending plane of about 0.01 Nm^2 to 0.06 Nm^2.

27. (New) The optical cable according to claim 16, wherein a reciprocal distance of axes of the strength longitudinal rods is about 1.5 mm to 5.0 mm.

28. (New) The optical cable according to claim 16, wherein a reciprocal distance of axes of the strength longitudinal rods is about 2.0 mm to 4.0 mm.

29. (New) The optical cable according to claim 16, wherein the strength longitudinal rods have a diameter lower than or equal to about 1 mm.

30. (New) The optical cable according to claim 16, wherein the strength longitudinal rods have a diameter of about 0.4 mm to 0.7 mm.

31. (New) The optical cable according to claim 15, wherein the jacket has an outer diameter of about 3.0 mm to about 6.0 mm.

32. (New) The optical cable according to claim 15, wherein the jacket has an outer diameter of about 4.0 mm to 5.0 mm.

33. (New) The optical cable according to claim 15, wherein the jacket has an outer diameter of about 4.0 mm to 4.5 mm.

34.   (New) The optical cable according to claim 15, wherein the at least one strength rod comprises glass-reinforced plastic.

35.   (New) The optical cable according to claim 15, wherein the at least one strength rod comprises aramid-reinforced plastic.

36.   (New) The optical cable according to claim 15, wherein the at least one strength rod comprises filamentary strands of glass and/or aramid fibers.